PE Long Term Plan 2026-27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Practice gross motor movements Begin to use one-handed tools and equipment Begin to develop movement, balancing and ball skills		Develop gross and fine motor movements Use one-handed tools and equipment Develop movement, balancing and ball skills Begin to explore movement skills, e.g. skipping and hopping.		Explore fundamental movement skills, e.g. rolling, crawling, walking, skipping, hopping. Begin to understand healthy choices about food, drink and activity.	
Reception	Introduction to PE: Unit 2	Fundamentals: Unit 2	Ball Skills: Unit 2	Dance: Unit 2	Games: Unit 2	Gymnastics: Unit 2
Year 1	FMS Sending and Receiving	Fitness Gymnastics	Dance Target Games	Athletics Invasion Games	Net & Wall Games Ball Skills	Striking & Fielding Games Team Building
Year 2	FMS Ball Skills	Fitness Gymnastics	Invasion Games Target Games	Athletics Sending and Receiving	Net & Wall Games Yoga	Striking & Fielding Games Dance
Year 3	FMS Football	Ball Skills Dance	Gymnastics Tag Rugby	Athletics Hockey	OAA Fitness	Cricket Dodgeball

Year 4	Dodgeball Football	Kin-Ball Handball	Gymnastics Cricket	Dance Basketball	Athletics Swimming	Rounders Swimming
Year 5	Basketball Rugby	Dance Volleyball	Gymnastics Swimming	Athletics Swimming	Netball Rounders	Cricket Fitness
Year 6	Basketball Swimming	Yoga Swimming	Gymnastics Dance	Athletics Kin-Ball	Cricket Tennis	Rounders Hockey